

OTTAWA JEWISH BULLETIN & REVIEW



FIRST CLASS MAIL

J.C.C. Daycampers splashing around in the pool. See picture story on Day Camp on Page 12



Vaad Report

by David Loeb,
President, Ottawa Vaad Ha'Ir

(These are Mr. David Loeb's remarks following his election as President of the Vaad at the Forty-First Annual General Meeting on June 25 which coincided with the First Annual General Meeting of the Jewish Community. Mr. Loeb was responding to Mr. Norman Zagerman's invitation to take over the chair).

"Thank you Norman. You are going to be a tough act to follow. And thank you ladies and gentlemen for the confidence you have shown in electing me President. I am proud to be able to follow my father who was one of the early pioneers of the Vaad and two of my brothers who have served in this capacity. I accept the gavel of office knowing that it is a trust and responsibility and I shall try to discharge my functions to the best of my ability. In order for us to progress, it will have to be a team effort. I shall have to lean heavily on the Officers, the staff, the Executive Committee and the Board of Trustees. I invite your interest and know I can count on your co-operation.

And now, my first official act must be to convey this community's deep sense of gratitude to Norman Zagerman for his outstanding contribution as President of the Vaad for the past two years. Norman has presided over our affairs during a particularly eventful period in Jewish life. He has given distinctive leadership and direction to this community and has done it with charm, with inherent good taste, with statesmanship and with single-minded dedication.

He has been an extremely effective president because he was willing to listen and because his door was open to anyone who wished to talk with him. He was innovative and he welcomed change if it was in the public interest. Norman has an impressive list of accomplishments to his credit including pioneering efforts in a number of areas which have been covered in the reports you heard earlier this evening.

In short, he cares deeply about the community, about Israel, and about the responsibilities he assumes. That is the mark of a true leader in Jewish life and the entire Jewish community of Ottawa thanks him for his contribution to its welfare and wellbeing.

As a token of our affection and esteem and in recognition of his services, I am pleased to present this plaque to him, which reads as follows:

Presented to Norman Zagerman for distinguished leadership as President of the Ottawa Vaad Ha'Ir, Jewish Community Council of Ottawa. June 27, 1973, 27 Sivan, 5733 — June 25, 1975, 16 Tam-muz, 5735.

"He who occupies himself with the needs of the Community merits the blessings of the Almighty and the tribute of the whole House of Israel."

The Siddur

Ladies and gentlemen, it is also my privilege to extend the community's appreciation to Norman's patient and understanding wife Valerie, the first lady of the Vaad, and to ask her to accept this bouquet with our very best wishes. May she and Norman and their two children be blessed with good health, long life and fulfillment in everything they do.

Earlier this evening, Norman reminded us that the Vaad was formed forty-one years ago. It was a different world then but the principles laid down by the founding fathers have stood the test of time. Essentially, the first constitution talks about the purposes as being the unification of the community and the direction of its religious, cultural, philanthropic and national life. The objects have been re-defined to meet the needs of the seventies but the basic thrust is still a structure which speaks for the community and plans, initiates and co-ordinates all manner of programs for the community.

Conditions however have changed. The people are different and so is the whole world. We live in a vastly more complex and technologically-advanced society. In this setting we Jews are confronted with problems and challenges of awesome dimensions. The resolution of these problems is the goal of organized Jewish life.

I will shortly be sitting down with the newly-elected officers and executive to develop a set of priorities for our work during the coming year. In the meantime, I see three major objectives to which we should address ourselves, none of which can become mutually exclusive. First, we must keep faith with Israel and with those in our community whose dramatically increased campaign support is based on Israel's dramatically increased needs. Secondly, we must develop short and long range plans to provide the services and facilities which are needed to sustain a viable Jewish existence in our own community in Ottawa for now and for the foreseeable future. This will require the marshalling of resources, the development of additional sources of funding and the establishment of priorities to shepherd the best use of the available dollar.

Finally, we must interpret to our community the need to maintain strength and vitality, for only then, can we do the task that is required of us in supporting Israel. Jewish identity and a sense of commitment must be developed among our young people so that they will accept their responsibilities in the years to come. Future leaders must be found and trained to carry on our work. Vigilance is required to protect our rights as Jews and to develop, if necessary, programs of social and political action. Care must be provided for the aged, the new immigrants and others who cannot help themselves so that every person will lead as productive a life as his capabilities allow. All these things have to be accomplished by consensus and through a democratic process.

In Pirke Avoth (The Sayings of the Fathers), Rabbi Tarfon is quoted as saying "The day is short and the work is great". It is in that spirit, ladies and gentlemen, that I accept the challenge of leadership and pledge myself and my administration to the task before us — a task which can only succeed if we work together in harmony and in brotherhood. Thank you."

Vaad new deal for newcomers gets off the ground

Since the last article in the Ottawa Jewish Bulletin and Review, response from the community to the Ottawa Vaad Ha'Ir Newcomers' Programme has been very encouraging. Many persons have called to inquire about the programme, offer assistance and suggestions, and transmit the names of newcomers to Ottawa. Volunteers are still required for hospitality and

arrangements.

What is envisioned in the beginning will be some early August informal social get-togethers of newcomers and long-time residents of common age and background. This will probably be followed up in September by an introduction to the community framework; its synagogues, schools, institutions and organizations.

Now is the time to get involved. If you would like to offer your home, participate in a get-together, or have any ideas or suggestions to offer, please call Joe Peimer at 232-7306.

If you feel you are a newcomer to the Ottawa Jewish Community — be it five months or ten years — and would like to meet other Jewish people socially, please call Mrs. Shanie Aberback at 232-7306.



Past presidents of the Vaad honoured

Sixteen men have headed the Vaad since its inception in 1934. Beginning with the late A. J. Freiman who served from 1934-1944, the roster includes Thomas Sachs, 1944-48; Lawrence Freiman, 1948-50; Samuel Berger, Q.C., 1950-52; Hyman Gould, 1952-54; Mr. Justice Abraham H. Lieff, 1954-56; Hyman Soloway, Q.C., 1956-58; Bertram Loeb, 1958-60; Alex Betcherman, 1960-61; Hyman Bessin, 1961-64; Mervin Mirsky, 1964-67; Jules Loeb,

1967-69; the late Michael Greenberg, 1969-70; Jacie C. Horwitz, Q.C., 1970-71; Abe Palmer, 1971-73; Norman Zagerman, 1973-75. Photographs which will hang in the Board Room were commissioned and dedicated at the Annual Meeting on June 25.

Pictured at the meeting from left to right are: Abe Palmer, Thomas Sachs, David Loeb, Norman Zagerman, Alex Betcherman and Hyman Gould.



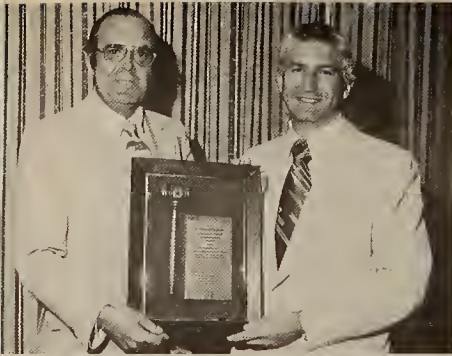
Vaad elects new slate of officers

The officers who will guide the destinies of the Ottawa Vaad Ha'Ir during the next twelve months are shown following their election at the 41st Annual General Meeting held on Wednesday evening, June 25 at the Jewish Community Centre. From right to left: Dr. Harvey Lithwick, Second Vice-President; Norman

Zagerman, Immediate Past President; Mrs. Laz Mirsky, Honourary Secretary; David Loeb, President; Zeev Vered,

Treasurer; Hy Hochberg, Executive Director. Gilbert Greenberg, who was named

First Vice-President, was in Israel attending the Jewish Agency Assembly.



PRESENTATION TO NORMAN ZAGERMAN

Norman Zagerman, retiring president of the Ottawa Vaad Ha'ir accepts a plaque from newly-elected president David Loeb which cites him for distinguished leadership as president of the Vaad from June 27, 1973 to June 25, 1975.



TRIBUTE TO "FIRST LADY OF THE VAAD"

Norman and Valerie Zagerman and David Loeb are shown at the 41st Annual General Meeting of the Vaad following the presentation of a bouquet of roses to her by the newly-elected president. Calling her the "first lady of the Vaad", Mr. Loeb conveyed the community's appreciation to Mrs. Zagerman for her patience and understanding during her husband's tenure of office.



MICHAEL FREEDMAN HONOURED

Gilbert Greenberg, President of the Ottawa Jewish Community Endowment and Bequest Foundation, presents an illuminated plaque to Michael R. Freedman who was the first to endow the Foundation in perpetuity after it was established. The inscription reads as follows: "The Board of Directors of the Ottawa Jewish Community Endowment and Bequest Foundation expresses its deep sense of gratitude to Michael R. Freedman whose munificent gift on the occasion of his 80th birthday is the first endowment to be received by the Foundation". In his acceptance remarks, Mr. Freedman cited the example set by his late father twenty years ago when he established the Jacob Freedman Charitable Foundation. This inspired him and he expressed the hope that others would be motivated to do the same.



Bid farewell to Ambassador and Mrs. Meron

Dr. and Mrs. Theodor Meron accept an inscribed silver tray from the Jewish community of Ottawa as a token of affection and esteem on the occasion of their departure. The Merons will be leaving for New York shortly where the Ambassador will be a Rockefeller Foundation Fellow and a Visiting Professor of International Law at New York University during his sabbatical year. The

presentation was made at a luncheon tendered in their honour by the heads of organizations and members of the Ottawa Vaad Ha'ir. Gilbert Greenberg, first Vice-President of the Vaad, presided at the luncheon and paid tribute to Ambassador and Mrs. Meron on behalf of the Vaad. His Worship, Mayor Lorry Greenberg, brought greetings from the city of Ottawa.

Gift augments Louis Greenberg Memorial Fund

The Board of Directors of the Ottawa Jewish Community Endowment and Bequest Foundation acknowledges with thanks

receipt of a contribution of \$500 from his nephew, Kenneth Greenberg of Ottawa.

This sum will augment the late Mr. Greenberg's original bequest of \$10,000, which directs that the capital be held in perpetuity and invested and that the income from the Fund be used for the advancement of religion, education and the relief of poverty according to the discretion of the Trustees of the Foundation.

Kenneth Greenberg's gift is a noteworthy expression of respect for the memory of his late uncle.

Foundation officials believe that his example will be emulated by others who wish to memorialize or honour individuals in our community in addition to the initial sum establishing a Fund or Foundation.

Anyone interested should contact Casey Swedlove, Executive Secretary of the Foundation, at 236-2993.



CAMPAIGN CABINET UJA WOMENS DIVISION

Rows shown left to right. First row - Lisa Cogan, Ruth Viner, Vice-Chairman; Simone Goldberg, Chairman; Dorothy Nadolny, Esther Siegel, Vice-Chairman. Second row - Cally Kardash, Rickie Saslove, Dena Gosewich, Myrna Macy, Bess Greenberg. Third row - Gittel Tatz, Staff Coordinator; Leah Gencher; Adele Shinder. Fourth row - Ruth Berger, Simone Gardner, Bertha Palmer. Fifth row - Linda Cogan, Mina Cohen, Bess Swedlove, Edie Koranyi.

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Joseph Peimer, Editor

Editorial Committee:

Joel Diena, Hy Hochberg, Stan Levine, Ayni Neuman, Eugene Rothman

**August is
Jewish Community
and
Endowment
and
Bequest
Foundation Month.**

**Contact
Casey Swedlove
for
further
information
at
236-2993**

Moshe Feig heads 25th Anniversary Israel Bond Drive

The 1975 Israel Bond Drive in Ottawa, marking the 25th Anniversary of Israel Bonds will be headed by Moshe Feig, who has accepted the General Chairmanship. Mr. Feig, active in many community endeavours, has served as Secretary of the Israel Bond Organization during the last two years and has recently headed the Construction and Real Estate Division of the United Jewish Appeal.



Moshe Feig

Serving with Mr. Feig in the leadership of the Bond Campaign are Norman Lesh, Ben Karp, Jacie Levinson, Gilbert Greenberg and John Greenberg as Vice Chairmen and William Grossman as Secretary.

World-wide sales of Israel Bonds having already produced more than three billion dollars, the 25th Anniversary year campaign seeks to add hundreds of millions of additional dollars to strengthen the economic growth of Israel.

In accepting the chairmanship of the 1975 Drive, Mr. Feig commented "never was there a time when it was more crucial for Jews to support Israel". Quoting Rabbi Hirschsprung's interpretation from the Talmud, which stipulates that the 'mitzvah' of 'Gemilut Chessed' (a loan) supercedes even the mitzvah of charity, he stated "how much more tremendous does this mitzvah become when it helps not only one person but three million Jews and the land which represents the totality of our people"? "Therefore", Mr. Feig concluded, "the purchase of a State of Israel Bond is not only a privilege but an obligation of every Jew".

The current campaign was launched on June 15th with a reception given by His Excellency, Dr. Theodor Meron, Ambassador of Israel, for Mr. Michael Arnon, President and Chief Executive Officer of the world-wide Israel Bond Organization. Formerly Secretary of the Israel Cabinet, Mr. Arnon was asked by the Israel government to assume the leadership of the Bond Organization so that Israel could receive ever increasing dollars to develop its economy.

During the next several months a series of parlour meetings will be held at which members of the community will be invited to make their commitments for the purchase of Israel Bonds. The Synagogue Appeals on Yom Kippur will mark a high point of the campaign but the campaign will continue beyond that date with several additional functions taking place.

Mr. Feig in a special message

An important message from the Chairman

My Dear Friends:

Current political and economic developments in and around Israel make our brethren in Israel more dependent on us than ever before to purchase Israel Bonds. Only a few times in our long history and it repeats itself now again, that we Jews all over the world are called upon to stand up and be counted and in this case we have to be counted and to declare that "WE STAND AND SUPPORT OUR BRETHREN IN ISRAEL". It is our privilege and duty to testify exactly where we stand.

Our brethren in Israel are caught at the crossroads of history which imposes on them an extraordinary high cost of defence and at the same time the urgency of building and sustaining a strong viable economy.

My friends, our economic support through the purchase of Israel Bonds is needed more than ever before. I mean to purchase and to pay in cash now, not to pledge and pay later. Because you and I only, can and must provide the strength and confidence to enable Israel to continue building the nation, to provide her with security and dignity, which will benefit Israel and all Jews throughout the world.

The Yom Kippur War belongs now to history but the consequences and the aftermath of that war will be felt for quite a while. In order that Israel can negotiate an honourable peace, a strong economy and a strong military deterrent is an indispensable factor in Israel's struggle to achieve an honourable and lasting peace.

I have not enough words how to plead with you the urgency of accomplishing this task. I can only ask you, my friends, for God's sake and for your sake and for Israel's sake, please discard the cloak of apathy and complacency. Open your heart, extend your help when help can do some good and not when help is, God forbid, too late. Therefore, I am asking you to be good enough to complete the attached commitment and mail or bring it into the Bond office, 168 Charlotte Street, Suite 504, to my attention.

I am sure that you care enough and you will demonstrate, in fact, how much you care. Thank you and God Bless you.

addressed to the community, urged every Jewish resident of Ottawa to come forward now to fulfill his obligation rather than wait to be solicited. (See Important Message from the Chairman).

Moshe Feig, Chairman
STATE OF ISRAEL BONDS

25th year of Israel Bonds

"economic progress despite crises"

In the perspective of Israel's history, the story of Israel Bonds is the story of Israel's growth as an industrialized country. The founding of the State endowed it with government authority to borrow money. Thus when the pressure of mass immigration threatened to overwhelm the economy, and existing agencies could not provide adequate financial aid, the State of Israel embarked on the floating of Bonds at the first Jerusalem Conference convened by Prime Minister David Ben-Gurion in September 1950.

The country was undergoing severe austerity. Unemployment was widespread, food was rationed and hundreds of thousands of newcomers were living in squalid, temporary shelters. And then the launching of the Israel Bond campaign in May 1951 marked the first giant step in making the State viable, in laying the economic foundations for Israel's growth and development as a free and independent nation. Industry and agriculture, irrigation and commerce were to be expanded to establish an economic system capable of sustaining a continuous flow of immigration, and strong enough to carry the tremendous burden of defence.

The Israel Bond drive has from its inception been a test of faith and confidence in the people of Israel. A striking measure of that confidence is the fact that since 1951, the worldwide sale of Israel Bonds has produced THREE BILLION DOLLARS. The impact of the proceeds derived from Israel Bonds was felt almost immediately after the drive was initiated. Israel's entire economy began to improve as large scale construction projects started to take shape. The shadows of gloom gave way to the beacon of hope.

Few countries, old or new could point to the steady growth which has marked Israel's progress during the past quarter century despite wars and continuous tensions.

Its Gross National Product rising at an average of 9 percent per year surpassed \$9 Billion in 1974, while its exports of goods and services rose from \$70 million to over 3.5 billion dollars. Industrial production increased fifteen fold to \$5.2 Billion and Agricultural production increased ten-fold to \$1 Billion.

Israel Bonds have been the major source of funds for Israel's Development Budget and have exercised a constructive and generative influence on every branch of Israel's economy.

from new towns, roads and harbours to water flowing to the desert, electricity turning the wheels of industry, expanding sea, land and air facilities as well as the vital stimulation for the development of a Western oriented industrialized society.

Over 100,000 Russian Jews reached Israel during the past four years, and it was the Israel Bond dollars that played a key role in providing them the economic means to become self supporting citizens. Bonds must continue to help finance jobs and integration processes for future immigrants from the Soviet Union and elsewhere.

At this fateful moment when Israel must shoulder the tremendous burden of defence, when economic weakness may endanger the attainment of a just peace, the Israel Bond campaign becomes an immensely vital instrument for strengthening Israel's economy and her future.

15-YEAR DOLLAR SAVINGS BONDS		15 YEAR DOLLAR COUPON BONDS
Issue Price	Value at Maturity	4% Per Year Payable Semi-Annually
\$		\$
250	450	500
500	900	1,000
1,000	1,800	2,500
2,500	4,500	5,000
5,000	9,000	10,000
10,000	18,000	25,000
		100,000

STATE OF ISRAEL DOLLAR BONDS RECONSTRUCTION AND DEVELOPMENT ISSUE



I hereby subscribe to and pay for the following State of Israel Bonds.

Savings Bonds \$..... Coupon Bonds \$..... Date

BONDHOLDER'S

NAME.....

PRINT NAME(S) IN WHICH BOND IS TO BE REGISTERED, GIVING FIRST NAME IN FULL

CITY & PROV.....

PURCHASER'S

NAME.....

HOME ADDRESS.....

CITY & PROV.....

I have received a current State of Israel Reconstruction & Development Issue Prospectus

PURCHASER'S SIGNATURE.....

Mail Bond to Bondholder Purchaser

☐ CHEQUE ☐ CASH

PLEASE MAKE CHEQUES PAYABLE TO THE STATE OF ISRAEL IN U.S. FUNDS

SEE REVERSE SIDE

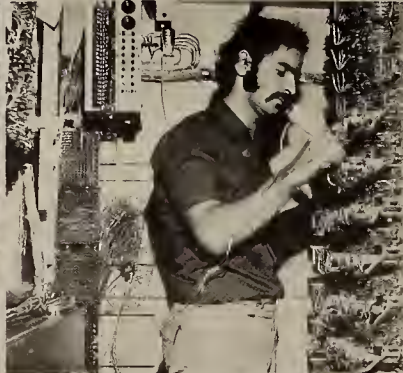
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An Investment in Progress Under Freedom

What bonds have done and are doing . . .



Chemical and Phosphate Plant in Haifa Bay industrial area.



Telephone Network expanded from 15,000 lines to over 500,000.



Rail extension from Oran to Hor Hahar for delegates of 1975 Prime Minister's Conference.



108" Diam. Concrete pipes carry Israel's National Water project.



Eilat pipelines to Refineries on the Mediterranean.



5' dom road from the Dead Sea to Beersheba.



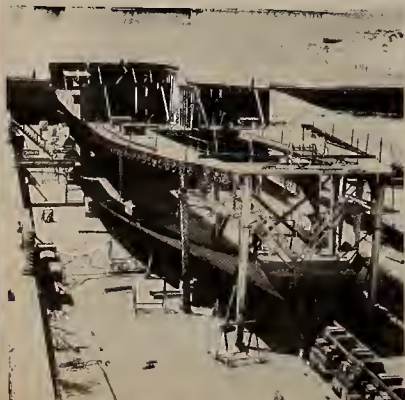
Israel's international telecommunications satellite station.



Expanding Electronic industry.



Sophisticated irrigation procedures helps Israel provide 75% of her food needs.



Expanding Shipyards at Haifa.



Potash Processing plant at the Dead Sea Works.



Desalination plant at Eilat.



Alan Lief
Hillel Academy



Alisa Kline
Hillel Academy



Leonard Kahansky
Hillel Academy



Karen Greenberg
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Sari Flagal
Hillel Academy



Kevin Cantor
Hillel Academy



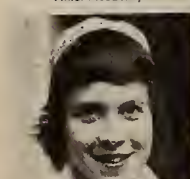
Eileen Broitman
Hillel Academy



Marilyn Litwack
Hillel Academy



Alan Malek
Hillel Academy



Michael Moskovic
Hillel Academy



Evan Pleet
Hillel Academy



Camera Shy

Tamar Estrin
Hillel Academy

Kevin Berman
Hillel Academy

Ronald Sternberg
Afternoon School

Elliot Kimmel
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Harry Steinmetz
Afternoon School

Jean-Claude Abtan
Afternoon School

Miriam Rosenberg
Hebrew High School



Andrea Shapiro
Hillel Academy



Mark Torontow
Hillel Academy



Leon Colwin
Hillel Academy



Steven Kahansky, winner of the combined Essay and Oratory Contest, first prize return ticket to Israel.



Sharon Diener
Hillel Academy



Israel Gencher
Hillel Academy



Mark Greenberg
Hillel Academy



Jerrold Landau
Hillel Academy



Elliot Melamed
Hillel Academy



Eliot Malomet
Hillel Academy

The Ottawa Proudly The Graduating

THIS YEAR WAS HIGHLIGHTED BY SPECIAL ACTIVITIES CELEBRATING THE 25TH ANNIVERSARY OF THE HILLEL ACADEMY AND THE 50TH ANNIVERSARY OF THE OTTAWA TALMUD TORAH BOARD. A COMBINED ESSAY AND ORATORY CONTEST, A BIBLE CONTEST, A POSTER AND MODEL CONTEST, CHANUKAH PROJECT, YOM YERUSHALAYIM CONCERT, AND A GALA ANNIVERSARY DINNER WERE HELD. STUDENTS AND FACULTY MEMBERS PARTICIPATED IN ALL THE SPECIAL PROJECTS.

* HILLEL ACADEMY - DAY SCHOOL
CENTRAL SCHOOL
453 Rideau St.
NURSERY, KINDERGARTEN,
GRADES 1 - 8

WEST END SCHOOL
1400 Coldrey Ave.
NURSERY, KINDERGARTEN
GRADES 1 - 6

COURSES OF STUDY COVER THE FULL PROGRAMME REQUIRED BY THE ONTARIO DEPARTMENT OF EDUCATION IN THE CORE SUBJECTS OF ENGLISH, MATHEMATICS, HISTORY AND GEOGRAPHY. IN ADDITION, SCIENCE, ARTS AND CRAFTS, FRENCH AND PHYSICAL EDUCATION INSTRUCTION IS GIVEN BY SPECIALIST TEACHERS.

IN THE HEBREW PROGRAMME, GREAT STRESS IS PLACED ON THE STUDENTS' ABILITY TO SPEAK, READ AND WRITE HEBREW WELL. CHILDREN BEGIN THE STUDY OF CHUMASH IN GRADE 2, WITH PROPHETS, SCRIPTURE, MISHNA, AND MODERN HEBREW LITERATURE BEING ADDED AT THE APPROPRIATE GRADE LEVEL.



Students of the ninth and tenth grades welcome the Chief Rabbi of the British Commonwealth, Rabbi Immanuel Jakobovits to Ottawa.



Elom Shapira
Hebrew High School



Toby Shainbaum
Hebrew High School



Paul Litwak
Hebrew High School



Zavi Kalin
Hebrew High School



Russel Molot
Afternoon School



Reuben Feldberg
Afternoon School



Edward Dieks
Afternoon School

Talmud Torah presents Classes 1975-5735

* AFTERNOON HEBREW SCHOOL
WEST END BRANCH
ALTA VISTA BRANCH
1400 Coldrey Ave.
Arch Street Public School

THE AFTERNOON HEBREW SCHOOL ENABLES THE CHILD TO LEARN AND APPRECIATE THE TORAH AND ITS IDEALS AND GUIDES THE CHILD IN GAINING A KNOWLEDGE OF JEWISH TRADITION AND A LOVE FOR JEWISH LIVING. IT ENCOURAGES THE CHILD TO IDENTIFY WITH ISRAEL, ITS STORY AND ITS PEOPLE, AND TO PROMOTE THE LEARNING OF HEBREW AS A LIVING LANGUAGE THROUGH THE STUDY OF CONVERSATIONAL HEBREW AND HEBREW LITERATURE.

HEBREW HIGH SCHOOL
FOR GRADUATES OF THE HILLEL ACADEMY
SPECIAL CLASSES FOR GRADUATES OF THE
AFTERNOON HEBREW SCHOOL

THE OTTAWA TALMUD TORAH SCHOOLS
DIRECTOR OF EDUCATION-RABBI YAAKOV KAPLUN
SUPERVISOR-GENERAL STUDIES-MR. JOHN GORRY
PRINCIPAL AFTERNOON HEBREW SCHOOL - MR. YAAKOV
LUGRUND



Jerrold Landau, winner of Anniversary Bible Contest,
runner-up Essay and Oratory Contest.



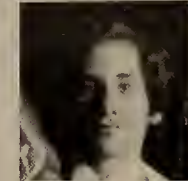
Carole Cowan
Afternoon School



Donald Abelson
Afternoon School



Ian Zunder
Afternoon School



Harley Swedler
Afternoon School



Brian Raskin
Afternoon School



Mark Honigman
Afternoon School



Miss Sara Feig, former graduate, and a 1974-75 faculty
member addressing the Anniversary dinner. Left to right,
Chief Rabbi Immanuel Jakobovits, Miss Feig, and Mr. Sol
erman, Chairman Anniversary Committee.



Roger Greenberg, a Hillel Graduate, presenting the Chief
Rabbi with a gift on behalf of the Talmud Torah Board.



Jean Silverman
Hillel Academy



Alan Snyder
Hillel Academy



Naomi Steinberg
Hillel Academy



Cayla Lichtenstein
Hillel Academy



Jeffrey Taylor
Hillel Academy



Michael Roborn
Hillel Academy



Michael Cohen
Afternoon School

Rabbi Levine visits Ottawa

by Isabel Millman

Rabbi Raphael Levine, teacher, scholar, author, humanitarian, and Rabbi Emeritus of Temple De Hirsch Sinai, Seattle, Washington, visited Ottawa on Tuesday June 17. He spoke to over 100 people at the Jewish Community Centre on the Transcendental Meditation programme developed by Maharishi Mahesh Yogi and how it relates to modern Jewish life. Rabbi Levine first came to hear of the Transcendental

Meditation programme about three years ago from a young man in his congregation whom he considered to be "a man with a certain calm". He has been practising it himself for a number of years now and finds that he is "more alert than ever, has no depressions", and feels that "it is a technique that can make you feel adequate, happy, no longer self centered, outgoing and able to love". Consequently he is currently in the process of writing a book on the T. M. programme.

Transcendental Meditation or T. M. is a simple technique which provides deep rest to the body and brings about increased clarity and calmness to the mind. The T. M. programme has been becoming increasingly popular among people of all walks of life. Over 300 scientific research studies have verified its practical benefits. Many business corporations and educational institutions in Canada have already incorporated the T. M. programme as part of their regular courses.

A recent study done on 24 cities has shown that when 1% of the city population is practising the T. M. programme, crime rate and other negative trends decrease on the average of 17%.

After speaking in Ottawa Rabbi Levine continued on to Montreal where he met with Dr. Hans Selye, world renown authority on stress. He then continued on to Toronto and Rochester N.Y., where he also gave lectures on the T. M. programme to the Jewish Community and to the general public. Rabbi Levine returned to Ottawa on Friday June 20 and served as Guest Rabbi at Temple Israel.



RESPONSE

by
Rabbi Roy D. Tanenbaum

QUESTION:

I am a practicing veterinarian outside of Ottawa. My question is, may a Jewish veterinarian exterminate unwanted animals?

RESPONSE:

Your question is asked in a tradition which has high regard for the veterinarian, and compassionate concern for animal well-being. According to rabbinic folklore, both Moses and David were chosen to lead Israel only after they proved themselves concerned shepherds; and numerous are the legal prescriptions mandating concern for animals.

An important Halakhic principle, *bal tash-hit* is applied by the Talmud in Hullin 76 to prohibit any act which leads to waste or wanton destruction of animal life (cf. Tosafot to Baba Kama 115b). The only exception is where destruction is necessary for direct benefit to human life: for food, dye, clothing, or medical purposes; when the animal causes financial burden or damage such as a vicious dog, or even occupying space otherwise more valuably used. (See *Yam Shel Shlomo Baba Kama* 10:37 and "Ture Zahav" to *Yoreh Deah* 115:6). However, exterminating the animal without purpose, out of vandalism, or because one is tired of caring for it, or angry with his son whose animal it is, or for sport, or for psychological effect, or to save it from abandonment (perhaps in fact it will not be abandoned,) is precisely the kind of wanton destruction meant to be prohibited.

In condoned cases, the veterinarian must act mindful of the principle *tza-ar ba-alei hayyim* prohibiting any undue pain. He should also, in my opinion, collect a fee covering more than the expenses, in order to discourage some owners, and to insure that he, too, materially benefits.

The real question arises when the veterinarian is requested to perform uncondoned extermination for a fee. Does his benefit vitiate the act? Legally it may, but the very fact that your question was raised, indicates personal doubt. Unlike the trapper, the veterinarian's livelihood does not depend upon exterminating animals. Psychologically, extermination, even for fee, in uncondoned cases, could reduce one's sense of self-worth. Certainly we should act to increase our sense of personal dignity, not diminish it.

Finally, as a Conservative Rabbi, I must say that in an age following the holocaust, mankind knows new imperatives. Hitler perpetrated mass human extermination through a campaign of vilification which reduced certain groups to the level of dogs in the eyes of others. Perhaps our only response can be in terms of raising the dignity and sanctity of all life. In fact, Rabbi Aaron HaLevi, sixteenth century Spanish scholar, in his code *Sefer HaHinuch*, Parashat Shofetim, already states that the principle of *bal tash-hit* "trains our souls to the good and the useful" in all situations, "and this is the way of the pious".

In summary, uncondoned cases, while perhaps not strictly forbidden on a fee basis, should be avoided by the scrupulous Jew if he can. The veterinarian himself will be happier. May G-d bless all your acts, and may peace be with you.

Signed questions to be answered in this column may be addressed to "Response", Ottawa Jewish Bulletin & Review, 151 Chapel Street.

Ben Levin Re-elected President of Hillel Lodge



In the recently held 1975-76 elections of Hillel Lodge, the Ottawa Jewish Home for the Aged, Ben B. Levin was elected President. The following officers were also elected: T.P. Metrick, Q.C., 1st Vice-President; Dr. M. Ralph Berke, 2nd Vice-President; Albert Rivers, Treasurer; Mrs. M. S. Green, Recording Secretary.

Elected to the Board of Directors were: Mrs. M. Altow, Mrs. I. Belles, H. Cohen, S. Caplan, D. Doctor, J. Feller, J. Ginsberg, M.S. Green, I. Greenberg, N. Kapinsky, J. Kershman, I. L. Landau, Mrs. S. Lepofsky, S. Lithwick, H. Pass, Dr. G. Saunders, Mrs. N. Schecter, F. Schlessinger, M. Schwartz, L. Slover, N. Sobcov, Dr. M. Weinberger.

Young adults of Ottawa cycle club

Bikers meet every Sunday at 10 a.m. behind the Conference Centre. For further information contact Larry Bokhaut at 234-3456.

The Young Adults of Ottawa welcome new members. For further information contact Abe Nadrich at 232-7306.

Letter to the editor

949 Hare Avenue
Ottawa K2A 3J6

The Editors
Ottawa Jewish Bulletin & Review

It is gratifying that the Community has undertaken to rid itself of Tay Sachs disease, a deadly torture afflicting about 1 of 3600 children of East European Jewish descent.

But there is a disease afflicting at least 100 times as many children according to Canadian and U.S. Government surveys: malnutrition. Yes, those surveys show that even among middle and high income groups, poor eating habits are preventing children and adults from getting the vital vitamins and minerals they need. Sugary desserts and snacks are mostly to blame. These are eaten and drunk instead of fruits, vegetables, and milk. If young women are nutritionally deficient because of years of poor eating habits, what kind of children do they bear? Poor eating habits encourage obesity, implicated in high blood pressure and diabetes, which is widespread among heavy, middle-aged Jews.

What can the Community do to encourage good eating habits (and improve health and lower dental bills simultaneously)?

1. Synagogues: Make kiddush a healthful snack by eliminating sugary cake, and soft drinks. Substitute bags of fruits, seeds, and shelled nuts and unsweetened juices (not sugary fruit drinks).

2. Hillel Academy: Get rid of all sugary fruit drinks (Misnamed "juices"). Use 100% whole grain breads and be rid of starchy spaghetti. Serve children nuts, fruits, and seeds for holiday treats instead of sugary cake and candy. Encourage the children, by posters, to drink free water or milk or juices instead of sugary drinks.

3. Community Centre: Get rid of soft drink machines, candy at snack bar. Substitute the above healthful snacks. Have posters encouraging good eating habits. The Center has a physical training program to promote good health, yet it contradicts itself by allowing so much junk food.

4. Catered Kosher meals: Should be supervised by a Community Nutrition Committee, to be formed of nutrition-conscious persons. With minor changes, every meal can be healthful, as well as delicious and kosher. For example, substitute desserts of fruits and nuts for sugary cake and sherbert; use unsweetened juices instead of soft drinks and fruit drinks; use whole grain bread and rolls; use whole grains for fillers in stuffed cabbage, kugel, etc.

People who would like the above suggestions implemented should speak up at their synagogues, at the Centre, and at Hillel Academy.

Sincerely,
Irma Cohen

The Editors welcome letters. Signed letters should be addressed to the Editors, Ottawa Jewish Bulletin & Review, 151 Chapel Street, Ottawa K1N 7Y2.

A thought for the week

"Diamonds"

"... A diamond merchant once complained to Rabbi Sholom Ber of Lubavitch, of blessed memory, that the Rebbe showed special concern for one of the chassidim (his followers), who was a simple man.

In response the Rebbe asked him to display his wares and to identify the most precious jewel of his collection. The merchant chose an uncut diamond and started extolling its features, but the Rebbe objected: 'This is certainly not your best. It is small and ugly and not nearly as brilliant as some of the stones you have passed over'. To this the merchant replied: 'With all due respect, in this field you have to be an expert. Not everyone can identify a precious jewel in its uncut state, when it is rough and unpolished'.

The Rebbe responded: 'This is also true in the matter of judging Jews. You have to be an expert, and not everyone knows the art'.

Adapted from the works of
Rabbi Menachem M. Schneerson
The Lubavitcher Rebbe

ANNUAL REPORT BOOKLETS AVAILABLE

A limited number of copies of the Reports of the Standing Committees and Affiliated Organizations presented at the Annual General Meeting of the Vaad are available to members of the community.

The reports give a comprehensive review of the work of the Vaad during the past year and make interesting reading. Requests should be directed to Mrs. Gittel Tatz at 232-7306.

They met justice Soviet style

Five years ago on June 15, justice was a victim of the Soviet legal system.

On this date in 1970, the Soviet government shocked the world with the arrest of 12 persons. All received harsh prison terms. Some as long as 15 years. One was sentenced to death, but in response to cries of outrage from the free world, the sentence was commuted to 15 years.

Ten Jews and two Christians. They were the "criminals" of the First Leningrad Trial.

For keeping typewriters in their homes, they were criminals.

For owning books with the word "Jew" in them, they were criminals.

And for possessing letters from relatives in Israel, they were criminals.

Today, all but one of the Leningrad defendants languish in prison. This is "justice" — Soviet style.

Sadly, the Leningrad trial was only the beginning. Since then, the Soviet Union has used its legal system to harass Soviet Jews whose only crime is the desire to exercise human rights guaranteed by international and Soviet law — including the right to emigrate.

It's not enough that when Soviet Jews apply for exit visas, they lose their jobs; that they suddenly are drafted into the army; and are prohibited from teaching their children the language of their people.

Today, five years after the First Leningrad Trial, the Soviet government continues to pervert its own legal system to intimidate Soviet Jews. Just last month, Mark Nashpitz and Boris Tsilionok were arrested when the KGB broke up a peaceful demonstration for religious freedom and emigration. The demonstration lasted only 15 seconds.

Both men were denied the right to testify on their own behalf.

They were charged under Article 190 of the Soviet Criminal Code, which prohibits obstruction of the public order at a maximum penalty of three years in prison.

Yet, both received terms of five years in exile.

Other Soviet Jews have been denied the rights guaranteed by Soviet and international law. Mikhail Leviev, for instance, now faces a death sentence for "economic crimes". Dr. Mikhail Shtern, a highly respected physician, is under an eight-year sentence for trumped-up charges of "accepting bribes" from his patients.

Pyotr Pinkasov learned at his trial that criminal charges would be dropped if he withdrew his application for an exit visa to Israel and recalled his wife and daughter from Israel. He refused, and is now in a prison camp, forced to do hard labor despite the amputation of one leg in an industrial accident.

Throughout these cases, defendants were refused counsel of their choice; defense lawyers frequently failed to make a vigorous defense, or were disbarred for doing so; testimony was suppressed and documents fraudulently altered; and lawyers were not allowed private interviews with their clients.

As people concerned with human rights and their protection under the law, we are shocked by this abuse of the law and court system to persecute Jews who dare to seek their legal right to emigrate to Israel. We cannot be silent in the face of a cruel pattern of anti-Semitism — a pattern aided by the misuse of the Soviet system of criminal justice.

That is why we take this opportunity on the anniversary of the Leningrad arrests to urge people of conscience to join our appeal, to help us in our efforts to free Soviet Jews who wish to emigrate and to ease the burdens of those who prefer to remain.

Soviet Jewry



"The Round of Prisoners," by Vincent Van Gogh, at the Pushkin Museum in Moscow

This year in Russia, it is still against the law to say, "Next year in Jerusalem!"

Jewish men and women are still held in Russian prison camps. Their arrests were trumped-up. Their sentences are harsh. Pray for the freedom of Soviet Jews. But work for their release, too. So they might spend

שנה הבאה בירושלים

Do you know about JIAS-Ottawa

The purpose of JIAS is to integrate immigrants into a Canadian and Jewish way of life, and to assist, by whatever means possible their immigration to Canada. It administers for the Jewish community, culturally integrating, educating, and subsidizing individuals in need.

At the present time, seven Russian immigrant families are receiving varying degrees of assistance from JIAS. Two more families are expected in the near future and several more to follow.

It is imperative that the new immigrants feel they are important and needed for what they can contribute to our society. They must realize that their being here is a cultural advantage to International Jewry because we and they share equal responsibility as

members of the diaspora and they, the immigrants, must be encouraged to share in this responsibility in order to fulfill their roles as members of the diaspora. JIAS gives members of the established community an important opportunity to contribute what they can and should give to the common need of Global Jewry.

The JIAS committee is composed of the following persons: Chairman-Rabbi Donald Gerber; Coordinator-Avril Gamble; Volunteer workers-Gladys Greenberg, Fran Greenblatt, Jack Firestone, Zeld Freedman, Evelyn Lieft; Economic advisor-Michael Jacobson; Legal advisor-Stephen Victor; Immigrant liaison-Mr. H. Sherman, Mrs. D. Makow; Staff-Gittel Tatz.

JIAS-Ottawa

The Jewish Immigrant Aid Services of Ottawa is pleased to advise the Ottawa Jewish Community that we now have nine immigrant families under our auspices, and several more are scheduled to arrive in the near future.

If you can offer employment or have any household goods or furnishings in good condition that you would care to donate to our new arrivals, would you please contact Avril Gamble at 224-7020 or 225-9538.

A card for all seasons

The Womens Division of the United Jewish Appeal have received a supply of all occasion gift cards which are available for a minimum donation of \$5.00. Please note that all contributions are tax-exempt. These cards may be used to commemorate any event-In honour of or In Memory of.

To order your cards-please phone Gittel Tatz at 232-7306. Your order will be handled promptly and you will be billed from the office.



Lets get acquainted

NEW YORK — A unique opportunity to explore Israel at far below the usual cost is being offered to individuals and families by the Israel Aliyah Center in a new program called "Let's Get Acquainted".

The "Let's Get Acquainted" program, which is being run under the auspices of Tour Ve'Alah, offers an inexpensive, first-hand opportunity to see what life and work in Israel is really like, according to Yizchak Dar, director of the program.

"Let's Get Acquainted" tour participants will have ample time, Dar pointed out, "to meet the people of Israel and to explore the vast opportunities for settlement, employment, and business in Israel". Dar said the Tour Ve'Alah visitors will be given an inside look at the "real Israel" seldom seen by the average tourist.

The program, introduced this week at the Israel Aliyah Center, includes four different tour plans, all with the same basic ingredients: the visitor purchases the regular low cost group (G.I.T.) air tickets on El Al Israel Airlines and Tour Ve'Alah makes the nominal cost land arrangements.

Typical of the programs available is a 14-day plan which includes transfers on arrival and departure; accommodations for the full two weeks in three star hotels; daily breakfast; 6 days of organized touring (with English speaking guides) to such interesting sites as absorption centers, housing projects, and industrial developments as well as the usual tourist attractions; and lunch and dinner on touring days. The total cost of this program, excluding the cost of airfare, is \$50.

Further information about the "Let's Get Acquainted" program may be obtained at a local Israel Aliyah Center office or by contacting Mr. Yizchak Dar directly at the Israel Aliyah Center, 515 Park Avenue, New York, N.Y. 10022, or by phoning him at (212) PL-2-0600.

Fitness in the West end

The West End Ladies Rhythmic Fitness Class held its final spring class on Thursday, June 4, 1975 with a 2 1/4 mile walk-jog at the Carleton Golf Course which was followed by a closing party at the home of Doreen Keir.

Five seven-week sessions were held throughout the 1974-75 season beginning on September 9. There was an average enrolment of 42 for each of the sessions with many ladies attending the four days a week very regularly. Mrs. Mollie Goldie and Mrs. Frances Fagin had best attendance for two each of the five sessions while

Mrs. Lois Copland had best attendance for the fifth. Top honours, however, go to Mrs. Goldie who not only had the over-all best attendance but has attended all the sessions held since the fall of 1972. Other charter members are Mrs. Queenie Cohen, Mrs. Dorothy Ghetler, Mrs. Ethel Taylor, and Mrs. Malca Polowin. Mrs. Bert Victor, Mrs. Claire Fogel, and Mrs. Rose Pritzker are also staunch members who have missed only one session in the past three years. These ladies, along with many others, have provided the Fitness Classes with a keen nucleus who encourage new members and welcome back previous members to each session.

Two weight-watching sessions, "Lose & Win Club", were held during the year. The idea was not to shed large numbers of pounds but to sensibly succeed in a weight loss of 2 to 5 extra pounds of stubborn fat. Many members were successful and prizes went to Mrs. Mary Potechin, Mrs. Queenie Cohen, and Mrs. Ethel Taylor for showing extra perseverance.

The ladies held a May Marathon and conscientiously worked on their fitness not only in class but engaged in outside physical activities as well. Miles were made up by walking, jogging, bicycling, etc. An attractive crest was made available for the ladies by Mr. Ron Boro of the Jewish Community Centre.

Thanks are extended to the West End Fitness Committee of Mrs. Malca Polowin, Mrs. Ethel Taylor, and Mrs. Bert Victor who carry out the many tasks which keep the classes running smoothly; also to the Jewish Community Centre which has made it possible for the ladies in the West End to become "Fit & Trim".

Merchandise needed for Hadassah-Wizo bazaar

The annual Hadassah-Wizo Bazaar will be held on Wednesday, November 5, 1975 at the Civic Centre in Landsdowne Park. A collection depot for merchandise donations is located

at 261 Laurier Avenue East, garage No. 5. The depot will be open from Monday to Friday only and a key is with the superintendent. For further information contact Claire Fogel at 828-5604.

FOR VALOR IN THE YOM KIPPUR WAR

A special edition of the Jerusalem Post was published citing those soldiers who were decorated for bravery in the Yom Kippur War. Copies of this paper are available upon request to members of the Jewish community. Call Mrs. Shanie Aberback to receive your copy at 232-7306.

Message from the President of the Jewish Community Center



Nathan Schecter
M.D.

In my first report to the Jewish Community about a year ago, I indicated certain goals that the Executive and Board of Directors were to try and achieve during the year from June, 1974, to June, 1975. The Centre was established to serve the total community in the areas of education, recreation and physical education. There had been considerable criticism as to the fulfillment of these objectives. We saw the need to revitalize the Centre, not only as the meeting place for programmes to serve all members of the community, but also to help in every possible way with programmes generated in other areas.

It appears that during the past year significant advances have been recorded in several areas. Nevertheless certain problems continue to make it necessary to bring across to our youth and to many of our adults that just as Israel should be the focal point for Jews all over the world so the Centre must be the focal point of our Jewish community. There is still the need to attract more of our people and for them to find that our programmes have a meaningful effect on them. The stronger we can make the Centre, the greater will be our strength as Jews and the greater will be our contribution to Jewish life and culture.

The major activities for the youngest groupings are a day camp, Sunday afternoon activities which include lounge, rap sessions and friendship groups. These were all planned by our Director of Youth Activities, Howard Ross. Howard is also responsible for tween and teenage activities. Unfortunately, attendance in all areas were down. We did have some peaks but we have a long way to go in developing meaningful activities for youth. This summer we are sponsoring a tween travel camp from Sunday, June 29 to Friday, July 25. Ten 12-14 years olds will leave Ottawa for a 26-day Eastern Canada adventure.

At the adult level, the focus has been on special interest activities. These include the Choral Group, Symphony Orchestra and the Ami Hai Dance Group which continue to function and perform. The library is a useful community-wide resource and our Annual Gift and Book Fair attracts many hundreds each year. Concerning Adult Jewish Education, a Scholar-In-Residence program was established with the co-operation of five synagogues in our community this past year. Professor Emil Fackenheim, Dr. Haim Shaked and Professor Mervin Verbit spent weekends in our fair city lecturing on Friday evenings, Saturday mornings and evenings and Sunday morning and evenings in the synagogues and at the Centre. In addition, the Centre was the catalyst in promoting formal classes in the individual synagogues. Hebrew classes were successfully continued at the Centre.

Concerning informal education, a Sunday Night at the Centre program series was offered. Movies, forum lectures, local speakers, drew up to 150 per session. This new and innovative program series will be continued next year. The Yiddish Club was reactivated. Many of the people in the community will remember "Sholem Aleichem Yiddn", the entertaining Yiddish program produced by the Workmen's Circle Troupe of New York which starred Ben Bonus.

Cultural Arts activities included the introduction of Kodaly and Eurhythmics for youngsters as well as several Art Shows. Featured were exhibits by Art Link, Municipal Arts Centre, Yaakov Adler, Shalom Aleichem Masks and Petit Salon Des Refuses.

With respect to Physical Education, we have made tremendous inroads in attracting people of all ages to utilize our health and physical education facilities. This, I feel, is principally due to the arrival last January of Ron Boro as our Director of Health and Physical Education. Ron has proven to be a conscientious and very capable young man who has brought to the area a new sense of professionalism.

Last July, a new Board of Directors were elected. Twenty-one people from the community agreed to serve and answer the needs of our Community Centre. This has been a working Board and during our first year we have tackled many serious and complicated issues.

A Special Committee has been established to concern itself with the utilization of our building. The report which will be furnished in two stages will concern itself with short and long-range plans. A questionnaire to the entire community is to be circulated shortly and will give direction and answer the question of free membership. The long-range objective will be to ascertain and clarify the role of the Centre, its physical location, etc. Since it appears that we will be located on the present site for some time to come, the Board of Directors will have to be prepared to spend a considerable sum of money on improving existing facilities and for general maintenance and repairs. The most important improvement is the enlargement of our kitchen and ancillary facilities.

I wish to thank the members of the Executive and Board of Directors for their dedication to this important work.

I believe the Centre continues to play an important role in our communal life and on behalf of the Directors, I bespeak the support and co-operation of the entire community.

Nathan Schecter, M.D.,
President

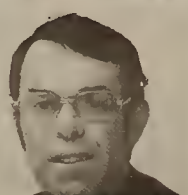
New Officers of the Jewish Community Center



Nathan Schecter

At the Annual Meeting of the Jewish Community Centre held on Wednesday, June 18, Nathan Schecter, M.D. was re-elected President. Norman Lesh was elected 1st Vice-President; Irving Rivers, 2nd Vice-President; Ben Achbar, Treasurer; Mrs. Sandra Levinson, Honourary Secretary.

Elected to the Board of Directors were: Leon Bronstein, Rabbi Dr. Reuven P. Bulka, Seymour Eisenberg, Robert Gencher, John Greenberg, Mrs. Melane Hotz, Dan Kimmel, Russell Kronick, Elliott Levitan, William Polsky, Saul Ross, Bernard Shinder, Mrs. Deanna Silverman, Martin Tatz, Jack Vinokur, and Mrs. Ruth Zelkowitz.



Norman Lesh



Irving Rivers



Sandra Levinson



Ben Achbar



J.C.C. TWEEN TRAVEL CAMP LEADERS

The Jewish Community Centre Tween Adventure Camp departed for a 25-day excursion to the Maritime provinces on Sunday, June 29. Shown above are Alan Zunder and Janet Ginsburg, trip leaders.

The group will be camping out at Federal and Provincial Parks in Quebec City, Matamoras, Gaspe, Campbellton, Fundy National Park, Prince Edward Island, Halifax, Cape Breton, Sydney, Bangor (Maine), Lake Placid, and Montreal.

Taking advantage of the rustic beauty of the Maritime Provinces, they will be sleeping in tents and cooking over open fires for the entire four weeks.

From early communications from the group, a great time is being had by all.



Greats from the past before the game



The Jewish Men's All-Star Team

Men's Softball All-Star game results



On Sunday, July 6 the Jewish Men's Softball League held an all-star game. One team consisted of present-day all-stars and the other team of greats from the past. Names like Bobby Abelson, Moe Saxe, the Goldfield brothers, Bo Blacher, Joe Lief, Jack Barrett, and others suited up again to show how the real game of softball was played.

This star-studded team was managed by player-coach Joe Osterer. Joe also was the catcher and added to his team's punch with tremendous hitting. Moe Saxe and Jack Sherman registered ten strike-outs towards their team's efforts. The final tally of the game was 6 to 3 in favour of the present-day all-stars.

A good time was had by all. The old-timers have agreed to put on their uniforms again August 10 for a special benefit softball game. More information will reach the community shortly about this game.

Members of the Jewish community are encouraged to come and watch any of the games being played during each week.

Since the last standings of the League were published in the June Ottawa Jewish Bulletin and Review, Yankels Koshers Restaurant Team has taken a commanding lead. They are followed by the secondplace Cohen & Cohen Wreckers Team. The full League Standings are reproduced below.

The League Standings

	W	L
1. Yankels	8	1
2. Cohen & Cohen	6	4
3. J.C.C.	5	5
4. Nepean	4	4
5. Levinson	3	5
6. B'nai B'rith	0	6

YOUNG ADULTS OF OTTAWA BASEBALL CLUB

every Thursday Nite 6:30-9:00 p.m.
Monsiegnur Lemieux School
Pontiac Street

(Between Patricia and Keeworth Ave.
3 or 4 blocks East of Island Park Drive)

The Phys Ed Box

by Ron Boro J.C.C. Director of Physical Education



A WORD ABOUT RUNNING SHOES

"There is no 'perfect shoe'". Discounting for now the matters of individual needs and preferences, there still is no running shoe without at least one significant defect. Most shoes have several flaws big enough to cause or aggravate an injury.

Podiatrists have given me leads on what features to look for in running shoes. Style and price aren't among them. Where the health of the feet and legs are concerned, forget fashion and bend your budget for the sake of safety, support, durability and comfort.

1. **Sole Wear and Cushion.** Obviously, shoes that wear out quickest get run over at the heels first. A worn spot as small as a quarter-inch can create a destructive imbalance at foot contact. The most durable shoes have a hard outer sole with a softer cushioning layer underneath. This layer is primarily designed to absorb shock.

2. **Sole Flexibility.** The forefoot flexes dramatically at toe-off. So, too, must the shoe. If the shoe doesn't bend easily, the stress is taken up by the front and back of the leg. Stiff shoes are suspected of causing some types of achilles tendon and shin problems.

3. **Shank Support.** Podiatrists point to the cutaway shank, the area under the arch, as the suspected source of many heel and arch complaints. When a runner hits the ground with several hundred pounds of force per square inch, the "bridge" buckles, throwing a strain onto the foot. The shoe sole at the arch should be flush with the ground.

4. **Heel Lift.** Ideally, the running shoe heel is higher than the street shoe heel. The achilles tendon and calves are accustomed to support in walking, and need it all the more in running. Measurements of heel lift are taken by subtracting the thickness of the sole under the big toe from the maximum thickness of the heel.

5. **Interior Support.** Arch supports are like eye glasses. If you need them, then you need individually prescribed ones. The arch sponges added by most shoe manufacturers don't do much good because they're all alike and they're too soft to do much supporting. Harder, built-in arch and heel counters are a little better.

6. **Upper Softness.** Leathers, even the fancy suedes that start glove-soft, get hard from the weather and from age. Brittle leather causes blisters. Nylon stays softest for the life of the shoe.

7. **Heel Counter.** This is the hard piece at the back of the shoe, designed to stabilize the heel. This heel control is essential to anyone who has been hurt, and the importance of the counter grows with heel height.

8. **Weight.** Most racing shoes are well below 10 ounces apiece. Medium-weight all-purpose shoes weigh 10-12 ounces, and the heavy-duty models are above 12 ounces.

The running shoes that I would recommend are the following: Adidas model SL-72, and 79, the Nike Waffle Trainer, and the Puma model 9190.

Joe Ghetler, of health club fame, recently ran in a 12-mile distance race. Joe finished in the respectable time of 1 hour and 48 minutes. Incidentally, Joe was the oldest competitor in the race.

The noon hour fitness class is being conducted throughout the summer. About fifteen guys are involved on a regular basis. How about you? Come on down.

The J.C.C. swimming pool is now officially open and ready for use. The pool hours schedule has already been sent out to the community. A professional staff of lifeguards has been assembled to supervise the activities at the pool. Come on down and take a plunge!

Mother & toddlers swim programme

July 21 - August 16

A special swimming instruction programme for mothers with children aged six months to four years, Monday through Thursday, 3:30 to 4:00 p.m. Free to Centre members, \$6 for non-members. Qualified instructors. Class size will be limited. For registration and further information call Leslie Shier at 232-7306.

Jewish Men's Softball League Schedule

JULY
4th - Nepean Motors v.s. B'nai B'rith, R.R. 6:15 p.m.
7th - J.C.C. v.s. Nepean Motors, H.P. 10:15 a.m.
8th - B'nai B'rith v.s. Levinson Salvage, R.R. 10:15 a.m.
1st - Cohen & Cohen v.s. Yankels, R.R. 6:15 p.m.
4th - Cohen & Cohen v.s. Nepean Motors, N.E. 6:15 p.m.
7th - Levinson Salvage v.s. J.C.C., R.R. 10:15 a.m.
8th - B'nai B'rith v.s. J.C.C., R.R. 11:30 a.m.
Nepean Motors v.s. Yankels, H.P. 10:15 a.m.
7th - B'nai B'rith v.s. Nepean Motors, R.R. 6:15 p.m.
1st - Levinson Salvage v.s. Cohen & Cohen, N.E. 6:15 p.m.

AUGUST
4th - Levinson Salvage v.s. Nepean Motors, R.R. 10:15 a.m. (Doubleheader)
Yankels v.s. B'nai B'rith, H.P. 10:15 a.m. (Doubleheader)
7th - J.C.C. v.s. Levinson Salvage, R.R. 6:15 p.m.
8th - Levinson Salvage v.s. Cohen & Cohen, N.E. 6:15 p.m.

LOCATIONS

H.P. Hampton Park, behind Hampton Park Shopping Centre
N.E. New Edinburgh, Sussex off Stanley Avenue
R.R. Range Road off Laurier Avenue at Range Road.
Playoff dates to be announced.

J.C.C. summer day camps are fun



From the moment the children arrive in the morning ...



Throughout the course of each day



Our trained and dedicated staff make each day a happy one .

There are
still a few
openings
for the
second
season

Call
232-7306